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MAN'S ONLY SUFFERING IS HIS DENIAL OF GOD

A lecture given at Serenity Spiritualist Church on December 3, 1972 through the Mediumship of Richard P. Goodwin.

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MAN'S ONLY SUFFERING IS HIS DENIAL OF GOD

A lecture given at Serenity Spiritualist Church on December 3, 1972 through the Mediumship of Richard P. Goodwin.

The subject chosen for this morning's discussion is "Man's Only Suffering is His Denial of God." I am sure that most of us are in accord in the statement that man's God is ever equal to his understanding. In this association we do not understand God to be a power that makes choices for man, but we do understand this great Infinite Intelligence to be just that: infinite and intelligent, a divine power that sustains all creation.

Choice is not something that God has unto himself, it is something that form or man has. So it is that man and man alone chooses what he wishes to do with this great power known as God. The question arises in the mind when we say that man is the one who has choice not God. Then the question arises, "What's going to make me a good person and a godly person, to do what's right because it's right to do right?" There are natural laws governing form or creation. When those laws of nature are transgressed, then man suffers, if you wish to call it that, the consequence. When we learn about these laws governing nature, we abide with them and flow with their immutableness because it is foolish to do otherwise. For example, we know that our being, our body, requires a certain amount of sleep, of rest, of food, of water. Because that is what we have chosen for it to do. Some people require twelve hours of sleep and some people require two or less. Some

people require three meals a day and some require one meal in two days. That is entirely dependent upon what we have accepted in mind, not this moment, but in all those moments in years before. If we have accepted limitation, if we have accepted the need for eight hours of sleep, because that is what most people have accepted. then when we don't have it, we don't feel like we think we should. And the reason for that is because man is a law unto himself, and so the wise man recognizing and realizing that man is a law unto himself asks himself the question, "Then, God, what am I doing with the law that I am?"

Who is it that has any common sense that enjoys suffering? God does not give it to us nor does God take it away, only man can do that, for man is the one that has made the choice. He chooses to be happy and he chooses to be sad, he chooses to suffer or he chooses to be free. When man makes the latter decision and chooses to be free, then he must pay the price for the freedom that he has chosen. And then the question arises, "Why should freedom have a price tag?" My good friends, we have made freedom a price tag because of our cherished opinions, because of our cherished thought patterns, because of what we have accepted in our mind as the right way in any given situation. That is the price tag that we must pay for freedom. We have done that to ourselves. Now I know there are many students who would prefer to put that blame on their parents, you know that last generation. But let us go beyond creation, and let us go to the inner meanings of the soul's true purpose.

A soul enters form according to the divine laws of merit. If that soul has entered in a family which is difficult for the child, then that's the lesson, one of many, that the child has to learn. God didn't do it to the soul, the soul did it to itself. There is no power that I have ever found, outside of the divine power within man, that causes him joy or sadness. Man and man alone may choose to be receptive to what we call infinite intelligence, to this divine power, this great neutrality. but he must make that decision in any given moment. It is not, I'm sure for many including myself, easy to change a thought pattern that has been long entertained in mind. The reason, my good friends, that it is not easy for most of us is because God is a vehicle through which energy expresses itself and it literally makes a groove in the gray matter of the brain, a groove like on a record. A conscious mind may be likened to the needle that plays on that record of our own brain. If we have played a tune for years, what I mean by that, if we have thought a certain way and a given situation for a long time or used a great deal of energy in entertaining a thought, then when the conscious mind, that needle, slips to that groove, to that part of the record, it repeats itself and it is indeed most difficult to move the mind, the conscious awareness, to another groove, but it is not impossible at any given moment.

Remember, my good friends, the

longer you entertain a thought, the more difficult it is to change it. It is the very nature of the mind to attach. It must attach to something or it looses it's balance. Recognizing and realizing that it must attach to something, a wise man attaches it to that that is formless, to that that is free, and that we understand to be God. For if we permit it to attach to creation we will guarantee suffering, because creation by her very nature is the poles of opposites. There is nothing in form that is not dual. The only thing that is oneness, and oneness is freedom, is called God or peace. So what is it that we should waste our life giving energies and permiting this mind to attach to things that are dual?

It has been stated that concentration is the key to all power and we understand that concentration is one. never two. It means to put the mind pointedly and fixedly upon the object of your choice until only the essence remains. For the essence of a thing is the truth of a thing. So let us become aware of the essence of divinity, after all it is awaiting our recognition this very moment, Remember, that no one can help us to change the grooves that we and we alone have created. Someone may share with us the way that they have found to make those changes that you may be seeking, hopefully, but they cannot do it for us. For that is contrary to the very laws of nature. We see in this era of nineteen and seventy-two many changes. It's not today's generation what it was even in my day, and that hasn't been that many years. Why was it and is it so difficult for the generations to accept the changes? Well, it's very simple, my friends, we in our ignorance through

Continued on Page 25



"YOU ARE GREATER THAN YOU KNOW" by Lou Austin – Partnership Foundation, W. Va. Reviewed by Dorothy Craine

Lou Austin is introduced as "born in poverty and raised in an orphan asylum. For forty years he fought for success, money and position. Broke in 1932, he changed his whole philosophy of life and lived his new beliefs. All he had previously fought for and failed to get came to him...." His life story is briefly told in the first two chapters. His new way of life is described in the rest of the book.

The enlightened discoveries of Austin are most practical, comforting and inspiring insights into the life of the spirit. He learned to take God into partnership with him in a matter-of-fact and profound way. He learned to overcome the obstructions of his ego by "breathing out Ego and breathing in God."

He was filled with such love of mankind that he writes to share his helpful discoveries with us all. He describes his way to breathing and comtemplation of the great partnership that can be developed with the spirit of man and his creator. The book is filled with lovely discourse of this humble and gentle spirit with his Partner. A whole realization of God's plan and working order is carefully explained for our daily application and benefit.

His methods cover our problems with illness, sleeplessness, frustration and anger. His workable advice applies to relations with family and friends, to keeping young and well, to money matters, to meeting with success. This book is not basically a "religious" book, but it is filled with great reverence and deepappreciation of man's place in God's plan.

The last third of the book is ordered into paragraphs and passages all beginning with "You learn." Like Lincoln, whom he quotes, he was "always striving to learn what God was driving at." "You learn," he writes, "that you are the creation and expression of God; that you are not abandoned to your own resources." Further on, "You learn that sometimes it is impossible to keep wrong thoughts from entering your mind. You learn not to worry about it, but simply to refuse hospitality to the evil thoughts." Also, "You learn never to remember a benefit you confer, never to forget one conferred upon you."

(Continued on Page 6)

Continued from Page 5

You, who read Lou Austin, will re-learn old truths and come upon many, many more new truths to use in your daily life. This book is especially fine for those of you, or your friends who are constantly at war with themselves, who cannot get their interfering egos out of the way. All of us can learn again in fresh ways the meanings clearly spelled out for us in this volume. It is a book to pencil and come back to.

EDITOR'S NOTE-

Books reviewed in this column are available through Serenity Spiritualist Association. Please see page 32 of the Sentinel for information regarding this book and others of interest.

MY WAGE

I bargained with Life for a penny, And Life would pay no more, However I begged at evening When I counted my scanty store;

For Life is a just employer,

He gives you what you ask,

But once you have set the wages,

Why, you must bear the task.

I worked for a menial's hire,
Only to learn, dismayed,
That any wage I had asked of Life,
Life would have paid.

-Jessie B. Rittenhouse

Student's Corner



Before all else, let me know Gratitude. For thru gratitude all else flows. It opens the door for the sunlite to shine upon the soul. Being grateful is a lesson to learn. Perhaps it is the result of a lesson we have learned; perhaps it is the lesson itself.

We speak of gratitude and yet, how may we know it? We must become gratitude—for to know a thing, we must become a thing.

The life which is lead by a thankful heart is a sunbeam in a dreary room. Where does gratitude come from? How do we learn it? It is not found in a book, my friend; it comes from deep within your being. It is a faculty of the soul. When we become grateful we have a sense of owing, for we have received something and must repay. In the spiritual sense, we can only repay in selfless service. And selfless service is the key to the universe.

With the coming new year, let us write each day a summary, or at least sit quietly at the end of each day and endeavor to look beyond the every-day happenings, perchance to see or feel the river of Life which is there, flowing always and ever. A quiet stream at times but always moving, changing, traveling toward the larger body and eventually to return to that from whence it came.

A day passes by us. Caught up in the motion, we did not see, were not aware of the subtle laws and forces which worked to make the day what it was. We saw too much and in our seeing, saw nothing.

Let us look for that which molded this day. We are form; at the same time we are spirit. While upon the earth plane man must learn to educate the form, ego, or brain, and allow the true self, the soul, to be expressed. This day, therefore, has either been a day of reactions, sent out by the uneducated ego—or that of actions, put into motion by careful consideration at the soul level. And we are ever making our world, minute by minute with those idle or constructive thoughts and ideas—ever, unto eternity.

by Dian Clair

THE FUNDAMENTAL FACTS OF SPIRITUALISM

by A. Campbell Holms

Hypnotism and the Subconscious Mind

A great deal of what we know about the spirit or mind and its supernormal faculties we have learned through hypnotism, which, in its elucidation of supernormal mental phenomena, has been a veritable masterkey. Although nearly every one is more or less familiar with the phenomenon of hypnotism, and many are able without practice to produce the condition in others, what actually happens when the hypnotic state is induced is a mystery. Hypnosis resembles ordinary sleep, but instead of the waking, conscious mind retiring and giving place to a topsy-turvey dream mind, it does so in favour of what seems to be an alert intelligent, sort of twin-brother of the conscious mind. This secondary mind or personality which thus emerges in hypnotism is generally described as the subconscious or subliminal mind, because normally it is submerged and not apparent. It seems to be closely identified with the spirit, for in many subjects its preceptions are independent of the bodily sense organs. Thus some hypnotic subjects can taste or smell what another at a distance tastes or smells, read correctly his unuttered thoughts, or feel pain when the hypnotist is hurt. Some can also perceive clairvoyantly scenes at a distance, and read closed books, etc.

The fact that, in its activities, the subconscious mind or spirit is independent of space and of the bodily

sense organs-as when it perceives things happening hundreds of miles away-indicates pretty clearly that its existence is not dependent on that of the material body, the dissolution of which, therefore, being something external to it, cannot injuriously affect it. Evidential messages from those who have passed over assert that the freeing of the spirit from the bonds of the flesh is in every way advantageous, for its perceptions are then keener and life in every way more worth while. In the case of the aged and those to whom misfortune or bodily infirmities make life a burden, the loss of the body must evidently be one of the greatest boons.

The fact that our mental organism is in duplicate is not apparent to every one, yet in each of us there is a distinct conscious mind (our familiar self or personality) and a subconscious mind (our unfamiliar spirit self). That this is true may be demonstrated in various ways, and particularly by hypnotism. Many of us can awake at a certain unusual time if we decide to do so before falling asleep. What is it that rouses our slumbering mind into activity? It is our hidden subconscious mind, which although usually in the background is, nevertheless, always alert and ready to do its part. In the case of the sleep-walker the subconscious mind is in complete control, the conscious mind being in the back-

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Visitors Views



by Kay Hammel

I believe I mentioned in the first Sentinel issue that visitors' opinions of Serenity were quite diverse. Since October, church attendees have become quite verbal regarding their views.

Some have said Serenity is more like a school than a church. These people state that they could not cope with the rigidity of a "church," but are consistent and regular in attendance at Serenity.

It is interesting to note how many newcomers volunteer for service after only a few visits. By their spirits being helped, in turn, they recognize the need in others. More and more of the newcomers are becoming members of Serenity, we are most happy to report.

Visitors have expressed surprise at the relative unconcern on our part to psychic phenomena. They are also surprised that someone is actually concerned for their soul. They've said that the Golden Rule, they believed, was an idealistic—but mythical—aphorism. And how pleased they are that altruism is still in evidence.

How often we hear from the visitor who has gone on to study the philosophy and religion of Spiritualism: "It appears that the understanding is not quite as difficult as the application."

Many who visit Serenity say that they're so stimulated by the services and surroundings, it is hard to "slow down" afterwards. One visitor said she felt "totally rejuvenated."

For those of you who have attended Serenity regularly or are members, thank you for helping the visitors. It's nice to remember that you, too, were once a visitor.

LIFTING AND LEANING

by Ella Wheeler Wilcox

There are two kinds of people on earth today, Just two kinds of people, no more, I say.

Not the good and the bad, for 'tis well understood The good are half bad and the bad are half good.

Not the happy and sad, for the swift-flying years Bring each man his laughter and each man his tears.

Not the rich and the poor, for to count a man's wealth You must first know the state of his conscience and health.

Not the humble and proud, for in life's busy span Who puts on vain airs is not counted a man

No! the two kinds of people on earth I mean Are the people who lift and the people who lean.

Wherever you go you will find the world's masses Are ever divided in just these two classes.

And, strangely enough, you will find, too, I ween, There is only one lifter to twenty who lean.

In which class are you? Are you easing the load Of overtaxed lifters who toil down the road?

Or are you a leaner who lets others bear Your portion of worry and labor and care?

BECOMING A SPIRITUALIST

Spiritualism: The Religion of Knowledge, Not Belief by H. Gordon Burroughs

When we leave this material plane, we are not going to change immediately. We are going to be the same person, not one bit better or worse, five minutes after death than we were before. We shall find ourselves minus our physical bodies, but just the same person in surroundings that we have earned and created by our efforts while on earth. After adjustment in the Spirit World, we begin our further progression.

We know these things to be true: many things that played a part in our earthly manifestation that we thought did count, we shall find do not count.

There was a time when attempting to investigate God's heaven was not done. We were taught not to ask questions, since we should believe. That time is past. Spiritualism does not say, "I think, I believe." It says, "I know." We know that God lives; we know that our friends live; we know there is a world to which we are going; we know we are to meet our Loved Ones; we know that we are to become a part of the angelic throng that can return, though usually unseen, to loved ones left behind; we know we are going to the state of consciousness that we have created through our own effort. We also know that no soul is lost in God's kingdom; that the door of reformation is never closed; that though we may wander and suffer much, somewhere and somehow we must find our way back to God. He is ever-ready to welcome us, this unseen God, who is not

a person, but Law, intelligently manifesting, creative in its activity, unchangeable.

We have learned to know that as we obey or disobey the laws under which we are functioning, do we find happiness or unhappiness. This fact cannot be denied, because if we transgress law, punishment is the result. If we sow wild oats, we reap a harvest; if we abuse this physical body, we suffer pain. We may escape a few times, but we eventually will pay the penalty.

What then does Spiritualism enable us to do? To walk in knowing consciousness with God; to listen to the beautiful choirs of ministering angels, our spirit people, living in the other dimension, human as we are, loving as we do, weeping sometimes as we weep, with their invisible hands reaching out to us, watching, hoping, that we will catch the vibration that they are spiritually sending to guide us along the pathway of life. Not faith, not belief, but knowledge.

Our prayer then is this: Thou, O Lord, Master Mind of which I am a part, enable me to know and to interpret the keen desire of every human heart, to be able to weep with those who weep, to sing with those who sing, to kneel silently when another kneels; to manifest in Thy great spaces of eternity of which I am a part. In the hour of striving and longing to know, may I consciously, through desire, learn to grasp Thy hand, O Infinite Source, and to know Thee.

PRAYER FOR SPIRITUAL HEALING

I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.
I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.

Healing Hands

There are many aspects of healing and healing is imparted to individuals in varied ways. The person who holds compassion for another; the person who endeavors to assist those less fortunate than he, the person who strives to better his own life conditions—that person is perhaps a potential healer.

Healing power can be shared magnetically, mentally and spiritually, and in varying combinations thereof. Each of these avenues involves the soul expression of faith. This is not a blind faith, but rather that of confidence in oneself or confidence in the power of the Infinite. This faith need not necessarily be shared by the receiver or patient, but the faith, or as I prefer to call the feeling-confidence, must come from the healer. Some may say that this is indeed "faith healing," and leave it at that. This is not so! Faith is an integral part of our every action.

Naturally when an individual requests healing, it is most beneficial if he expects or at least harbors the thought that he can be helped. The Wise One teaches that "Man is a law unto himself." What man puts out, he will receive. Should he ask for healing and sit in complete negation? Can he



in truth ask for beneficial results? Far better that he have a neutral attitude!

This feeling of confidence within oneself deserves much more consideration than the average person gives to it, I believe. It would be very wise for those individuals who experience continued poor health to examine their mental attitudes concerning themselves. The same conviction that they harbor regarding their conditions and the same confidence that is given to external forces they feel have caused these conditions would reap extremely beneficial results in their lives if applied, with equal intensity, to the power of their own bodies to throw off these unfortunate conditions, for the power within them is greater than all created and external things. When man uses the assistance of a healer to help him rise above his conditions, and then uses the power which is within himself to maintain this elevated position, he will be on the path of being own healer and fulfill teaching: "Oh healer, heal thyself!"

by Betty Clair

Continued from Page 8

ground, submerged in deep slumber. The sleep-walker does not use his ordinary sense organs, for although it may be pitch dark and his eyes may be closed, yet he moves about safely without collision or stumble, and has on occasion, even been known to sit down and write an essay on a difficult subject of which he knows nothing when awake. He is clairvoyant, i.e., his subconscious mind, or spirit, which controls his movements, perceives independently of the bodily sense organs.

One of the most remarkable facts revealed by hypnotism is that we have ever experienced, however trifling, is forgotten; though perhaps inaccessible to our conscious mind, it is recorded indelibly in the subconscious. If we tell a suitable subject in hypnosis that he is again, say five years of age, he will remember contemporaneous incidents long forgotten by his conscious memory. If lines of poetry are read to a hypnotised subject he will remember nothing when awake, but when again hypnotised, perhaps long afterwards. he will remember them perfectly, for they have been permanently recorded in his subconscious mind, which again comes to the front during hypnosis.

When we pass over, we take all our memories with us, and as they are opened for others to see, they may greatly influence our state of happiness. If we have memories of cruelty, injustice or selfishness we are filled with regret, for it is then too late to make amends, and our condition and progress are prejudiced.

The most noteworthy characteristic of the subconscious mind is its readi-

ness to accept and act upon suggestion. If a suitable subject is told in hypnosis that it is bitterly cold, he will shiver and button up his coat; if told that it is oppressively hot he will feel hot and perspire. If told that there is a bird in the room which he must replace in its cage, he will chase it and put it in the imaginary cage. If the hypnotist gives him pencil and paper and desires mentally that he shall write something, say, the words of the National Anthem, he will do so. If he tells him he will write them an hour after awakening he will do so; the writing will be done apparently automatically, for a minute or two later he will have no conscious memory of having written them. It should be observed that not all subjects are equally amenable to suggestion, and not all exhibit the supernormal faculties outlined in the foregoing.

The subconscious mind has very far-reaching powers of control over the bodily organism. If a suitable subject is told, in hypnosis, that his heart will beat faster or slower it will do so forthwith. Even the bodily temperature may be raised or lowered by suggestion.

The subconscious mind is capable of producing subtle changes in the tissues; thus when a hypnotised subject is told that the cold iron with which he is touched is red-hot and will burn him, a blister will form in accordance with the suggestion. And similarly when a patient is told in hypnosis that his ailment, whatever it may be, is getting better and will soon be well, his return to health will in most cases be greatly expedited.

To be continued.



by Pauline Leonard

Spiritual Awareness classes are now being conducted for the winter quarter and will continue through the month of March. We regret we could not accomodate all the registrants for this term; those wishing to sign up for the spring quarter should do so as soon as possible.

A special "thank you" to the many students who selflessly give of their time and talents to the church and the church office. They have truly perceived that the path to illumination and spiritual freedom is through serving spiritually.

Our next Serenity Social will be held at the church on Saturday, January 27, 1973. The food is excellent—all home-cooked by the ladies. There will be music, spiritual fellowship and fun for all. Plan to attend and have a wonderful evening.

Orders for The Living Light are now being received from all parts of the world. If you are trying to find yourself, this book will become your spiritual bible.

The Ninth Annual World Forecast was given at regular church services on Sunday, December 31, 1972, through the Mediumship of Richard P. Goodwin, President and Founder of Serenity. The church was filled to capacity with over 175 guests and members in attendance. Copies of the Forecast are available at one dollar donation to cover printing and postal costs.

Serenity Association sincerely appreciates donations of Blue Chip stamps. Do you have extras? Don't bother to paste them in-we'll do the work, if you will merely forward the stamps to us.

We are always in need of volunteer help at the church office. If you could donate even a few hours each week, on a consistent basis, we would be most grateful.

Congratulations to the Rowan Brothers! We wish you great joy and peace as your spiritual music flows out into the world.

A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

Continued from last issue-

Thus the phenomenal demonstrations of the presence of the spirit which appeal to the observer depend upon a dual agency—the force to be employed and the human generator of that force.

Other and more direct contact is effected where the operator can relate his own psychic sphere to that of the sensitive who is susceptible to his influence. Then the vital, or nerve, currents can be operated upon immediately by the will of the communicator, who, having thus made the connection, uses the organism of the medium to transmit his message. But if the people on the spiritual plane differed essentially from those on this side there could hardly be any such intercourse.

The identity of origin, and the unity of nature and being—the oneness of the mental and the psychic capabilities and endowments of both operator and subject—enable those who know how, to link themselves on to us and give such impulsions to the spiritual ether as stir the brain waves in those of us who are attuned to their rate of vibrations, and cause in us consciousness of vision, voice, feeling, or desire, thought, or purpose, which may be regarded as at once evidence of the unseen; proof of immortality; and an inspiration to higher purposes and nobler ideals.

Spiritual Science and Religion

Spiritual science prompts us to make the best use of this life, and impels us to the attainment of the power to recognize and realize the beauty and divinity of our own being—of Life here—and to tread the spiral way of spiritual ascension. In evolution we trace the evidences of the outworking of the involved energy—the immanent mind, the Spirit Divine. Thus the science of the Spirit leads to the recognition of the Religion of Life. 'M. A. (Oxon),' one of our best and most intelligent mediums, made this terse and pointed assertion: 'It is impossible to dissociate Spiritualism, of any sort worth the name, from religion and morals.' It occurs in the following definition, which he gives, of what a Spiritualist is: 'A Spiritualist, first of all, is one who has proven for himself, or has accepted as proven on adequate evidence, the fact that death does not kill (Continued on Page 21)

THE A.B.C. OF SPIRITUALISM

By B.F. Austin, A.M., D.D.

8. What answer to these charges is made by the advocates of Mediumship?

They point to the fact that the great majority of those possessing and practicing Mediumship are healthy, happy and compare favorably in point of morality and character with any other class of good citizens. Ten of the mediums best known to the writer range in age from 75 to 98 and are excellent examples of happy and useful old age.

Mediumship is generally associated with the Spiritual Philosophy of life which works out a mental emancipation for its followers from the narrow and pessimistic dogmas of the Old Theology and inculcates a most cheering optimism which certainly tends to life's enjoyment and to health and longevity.

A vast multitude of Mediums will testify to the fact that on yielding to spirit influence and guidance through Mediumship and becoming acquainted with the cheerful and inspiring teachings of the Spiritual Philosophy they have found not only an improvement in health but increasing motives and aid in leading a more spiritual life.

It may be affirmed therefore, and with boldness, that the whole tendency of Mediumship unfolded under right conditions and consecrated to the instruction and comfort of the race, is toward health, happiness and the development of a loftier character.

That some mediums are immoral, some are sick, some have lost their reason, is no more than can be said of every class of public workers.

9. What other answer is made to the charges brought against Mediumship?

Mediumship is in Nature's order. It seems to be a part of a great divine plan of the Infinite Intelligence for the instruction, inspiration and aid of the younger and less advanced souls in God's great family, by those of riper experience and richer knowledge. It extends thru all the ages and thru all the realms of the mortal and spirit spheres and will one day link into communication all the realms of spirit and all the worlds of space.

Since some men and women are born mediums, never having to develop it (child mediums being found in all lands and ages), and since Mediumship comes spontaneously to many in adult life who have never sought it, and even against their wishes and protest, there must be a rightful and beneficial use of Mediumship in human life.

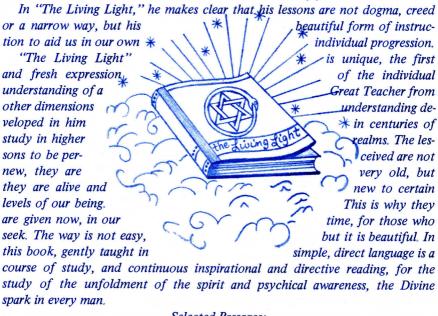
10. Upon what is Spiritualism based?

On the Principles of Nature, the Facts of human experience and upon Mediumship as the mouthpiece and interpreter of these.

The Living Light

In this new book are the wonderful teachings of the Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the mediumship of Richard P. Goodwin. It has been nine years since the beginning of the Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us.



Selected Passages:

"Dreamer, dream a life of beauty before your dream starts dreaming you."
"As I came upon the mountain and felt the glory of my God, I looked about in wonder at the many paths I'd trod,"

"Oh, Love divine, a servant be, till selfishness imprisons me."

"The Living Light" is invaluable, timely and meant for everyone.

Order now your copy of the limited deluxe first edition "The Living Light." \$10.50 per copy, plus 30¢ handling and mailing. Mail order to: Serenity Publications, P.O. Box 137, Forest Knolls, California 94933.

HAVE YOU WRITTEN?

Have you been meaning to write us a letter? Your notes or letters would be most welcome, for this is the only way we have of knowing what articles you especially enjoy reading in the new Sentinel. Have we omitted anything you consider important? Have you any questions to ask of the columnists or editor? PLEASE LET US HEAR FROM YOU SOON AND OFTEN.

-The Editor

FROM FIRE-MIST TO MAN

EVOLUTION SPIRITUALLY INTERPRETED

by Andrew Jackson Davis

Harmony of anatomical structure and similarity of composition are principles largely pervading the animal kingdom. It has been a subject of much discussion among the minds of the world whether there is an established process by which forms are recreated by the successive modifications of original forms. And whether by the same process the species reproduced by all the living kingdoms become modified at each period according to prevailing conditions.

But the basis of reasoning which has been assumed in relation to this point has not been correct, and researchers have not generally been fortunate in the conclusions which they have deduced from the visible appearances of Nature at the present day.

Nature is like the human brain, and is incessantly producing forms as the brain produces thoughts. And each form and peculiar organization in Nature is determined by the existing and controlling circumstances which were the cause of their creation. It is therefore impossible for any order of animals to remain for long periods the same; for they are changed in accordance with existing surrounding circumstances.

There is a law of comparative ana-

tomy not perceived by superficial observers running through Nature. For the historical period is the only one wherein all investigations are made and in which all deductions and hypothesis are established. The inquirer, therefore, is like a person standing at the termination of a great water questioning the manner of its formation.

But if the mind could be carried back to the beginning principles, and then follow each law and order of development through its many changes each form would be an index of its own origin, and from it the development of higher forms could be inferred.

The sexual law is the primary cause of the innumerable races of animals and men which have populated and still inhabit the earth. Positive and negative, or male and female principles-with the law of Association, Progression and Development-have ascended from simplicity to complicity and have unfolded corresponding phenomena which have been properly distributed throughout the fields of organic manifestation.

"Man lives with kindness and survives without it,"

-W.O.

(Continued from Page 16)

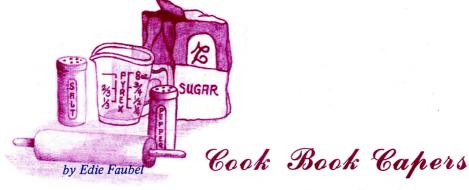
the spirit. But his conviction has far-reaching results. It is impossible to dissociate Spiritualism, of any sort worth the name, from religion and morals. For when a man becomes assured that he will live after his probation here he naturally seeks to know where and how; and equally naturally he seeks his information from those who, having passed to that state, are qualified to give it. He finds that there is a broad agreement as to the essential points which most concern him, and he arrives at the conclusion that belief is little and life and conduct much. He learns that his character is his own production, as it is his own property, and that each act of his daily life is a factor in its evolution. When the probation of earth-life is over he goes to the place that he has prepared for himself. His Spiritualism, when he realizes that, has already entered into the sphere of religion,' And Gerald Massey very forcibly says: 'Spiritualism will make religion infinitely more real, and translate it from the domain of belief to that of life It has been to me, in common with many others, such a lifting of the mental horizon and a letting in of the heavens-such a transformation of faiths into facts—that I can only compare life without it to sailing on board ship with hatches battened down, and being kept prisoner, cribbed, cabined and confined, living by the light of a candle-dark to the glory overhead, and blind to a thousand possibilities of being-and then suddenly on some starry night allowed to go on deck for the first time to see the stupendous mechanism of the starry heavens all aglow with the glory of God, to feel that vast vision glittering in the eyes, bewilderingly beautiful, and drink in new life with every breath of this wondrous liberty, which makes you dilate almost large enough in soul to fill the immensity which you see around you.'

The Effects of Mediumship

No medium can command results; he can only give conditions and invite the aid of the spirits. Do not forget that spirit people have minds of their own, and will act or refrain from acting as they think best, not when you please to demand. -B. G. E.

The thoughts we cultivate place us en rapport with corresponding spheres or planes of thought, and the man or woman who habitually lives on a good moral plane is impervious to the intrusion of mischievous and immoral influences from either the borderland or the mortal plane. —'Harbinger of Light.'

For the normal development of psychic powers an entirely different attitude is required on the part of the sensitive from that which is necessary for the development of mediumship. (To be continued in next issue.)



All of the recipes this month are simple to make and exceptionally good.

COMPANY SHORT RIBS

Roll cup up ribs in flour, salt to taste and brown well.

Sauce: 1 cup water

2 minced onions

1 cup catsup

1/2 cup barbecue sauce

2 tsp. worchestershire sauce

Place ribs in roasting pan, cover with sauce. Cook slowly in 250 or 300 degree oven for 2 hours or until tender. Turn once of twice.

SEAFOOD BAKE

Wanda Kissinger

Mix together and put into greased casserole dish:

1 can mushroom soup

1 can crab meat
1 grated onion

sliced celery (to suit)

1 can shrimp

1 can Chinese noodles

Sprinkle top with buttered crumbs. Bake in 350 degree oven for 20 minutes or until bubbly.

FESTIVE CELERY

Dorothe Coyle

6 crisp celery stalks

1 pkg. cream cheese

1/4 cup crushed pineapple, drained

Mix cream cheese and pineapple to form stuffing. Fill cavities of celery stalks. Place together in pairs. Roll tightly in waxed paper. Refrigerate. Cut into ½ inch slices to serve.

COOKING HINTS

Use Imitation Vanilla if you plan to freeze the food. Vanilla extract loses flavor when frozen.

INVOCATION

O Great Infinite Intelligence, creative power of the Universe which gives to every form of life in nature's temple a voice of praise-to the songbirds in the trees, to the great deep that ceaselessly rolls its anthem and to the worlds that speed onward through limitless space. While we share in the joyfulness of the ever-living winds and waves, we know that in that higher temple, the temple of the soul there are voices that ever speak aloud for truth, for justice and for liberty. We are indeed grateful to know that the soul of man is immortal and that the Universe with all its sublimity, is the soul's eternal heritage. We are happy for the knowledge of the higher and diviner life, which even now stamps the living clay with the images of immortal thought and beauty. May the light of immortality which streams in and through the illuminated chambers of the human brain dispel the shadows of doubt and fear and terror of death. May the Star of Knowledge never fade, the Moon of Wisdom never be eclipsed and may the Sun of Spiritual Power eternally replenish its resplendent light. Amen.

LIFE'S ANCHOR

Rise, O Soul, to higher things! Be exalted in the light of thine own radiance and strength!

How vast, how limitless are the resources of the Soul! How unexplored the deep repository of eternal attributes! How skillfully hidden from

mortal view!

Beneath the strength and skill of the physical body, beneath the achievements and unrest of mortal mind lies the unperturbed soul of man, like the calm waters of the sea beneath the surging waves. Beneath the everchanging mortal part of man lies the soul like an impenetrable rock beneath the shifting sands, anchoring man to earth until the experiences of this terrestrial plane have prepared him for celestial existence.

What is the rock that securely anchors man to earth life? What is beneath the physical and mental self that manifests automatically the attributes of the Eternal? Underlying all is a reality which has ever indicated man is not annihilated when the physical body loses its animation. Throughout the ages man's desire to prove this observation has developed religion. Man's firm conviction that an eternal something exists back of and beneath all life is a nearly universal belief.

Ye shall find Power-limitless and available. Wisdom—to conciliate and reassure. Goodness—the result of conquering the lower self. Hope—the hope of immortality. Faith—the comfort that dispels all doubt. Peace—the calmness born of trust and understanding. Light—the revealer of Truth and Love—the dispeller of spiritual darkness, the reflector of the Divine in the Universe.

BENEDICTION

May the beacon light of truth flash its rays on our pathway through life, bringing peace, hope and joy into the lives of all. Amen.



Busy Bees

Our buzzing Busy Bees are still endeavoring to fill numerous orders for the Raggedy Ann and Andy dolls. Orders come in for the dolls on a year-round basis, though the majority are sold during the Holiday Season. Our sincere thanks to all of you for your support and invaluable help during the "rush period."

We always have need of workers, and, now that the new year has begun and households aren't so hectic-won't YOU help? Can you embroider, machine sew or hand sew? We need Ann and Andy "stuffers" too!

Each set is completely hand sewn and involves several weeks to put together (with many nimble fingers), yet the price for the Raggedy Ann and Andy set is kept at \$19.95. For those out-of-state, a \$3.00 postage and handling charge is necessary.

We really are very proud of the dolls; each has his own personality and expression. These aren't just for children—the dolls are quite large (24 inches), and many teenagers (and a few adults) order a set for themselves. We've received messages from parents of girls who said that they were "too old to play with dolls," yet were simply delighted to receive a set. For pure nostalgia, children or grandchildren—the dolls bring joy and gladness.

The Busy Bees meet each Wednesday evening at 7:30 alternately at my home and at the home of Mrs. Pauline Leonard. A social hour with refreshments is enjoyed by all. Please—join us!!!!

Continued from Page 4 pride have denied our own divinity. known as God. We have decided what is right and what is wrong, and everyone in all the universes in creation has made their decisions. Why is it that we are so ignorant to judge another. to judge the world, when even God himself doesn't even judge us? What is it within our form that thinks it's such a king, that it may rule all of God's creation, that it may dictate and declare what is right for the world? Is that the God you understand? If it is. think and ponder, it's such a limited one.

Let us consider broadening our horizons and in so doing, be free, Man cannot be free, it is contrary to natural law until he can in truth broaden his horizons that his consciousness may expand and encompass the universes. For where may I ask can you not find God? It was said to me once that God is like a flea, you never know where vou're going to find him. And so it is. let us be humble. God, the great power that is, is the greatest servant that there ever was or there ever will be. He permits the rain to flow on all his trees and flowers and people. He doesn't know partiality because he's not partial; he doesn't know choice because he came before choice, he's greater than all things. Because, my friends, he is the sustainer of all things.

If God doesn't choose hell for us, why does a sane man choose it for himself? That's known as denying your own divinity. What good is it worth being in an earth realm where there's nothing but apparent chaos, because everyone is deciding what's good for everyone else. What is it, this great brain known as ego, this great pride, that forgets our divinity?

It's only the brain, it got that way through ignorance, through forgetting it's source. My friends, this thing called brain, or gray matter is composed from the elements of nature, it has no eternity, it has no continuity. It comes from Mother Nature and to Mother Nature it shall return. For that that comes from a thing, by the law of coming from it, is destined to return to it.

You want to be free, then pause and think. Don't plead with God and beg him for change when vou're not willing to change yourselves. God is not going to do anything that we are not receptive to. Think about it. It is not my purpose to decide what's right for anyone, but it is my purpose to share whatever light I may have received. How can you teach a student to be free, when they're not even free to be taught? How can we have joy. when we deny joy to the rest of the world? How can we have peace, when we deny peace to another? How can we live in harmony, through denial? How is that possible to have heaven on the earth, when we decide what that heaven is, when it shall appear and how long it's going to exist?

When man is grounded in self, he sees like a horse with blinders, one direction and one only. He sees God in what he chooses to see God in and cannot see God in anything else. The teachings are to love all life and know the Light, but as long as we insist upon the false gods we have created, these gods known as choice, these gods known as what's right or wrong for us, those, my dear friends, are the false gods of creation, they will ever fail us, no matter how well we serve them, because they are the created

Continued on Page 34

SPIRITUALIST DICTIONARY

Doorkeeper:

The personal spirit control of a medium, said to be responsible for the maintenance of the physical body during the production of mediumistic phenomena. North American Indians and Zulus are commonly met with in this capacity, presumably for their qualities of steadfastness and reliability. They work in close cooperation with a band of spirits who are combined for any specific purpose connected with phenomena.

Guardian Angel:

A guiding spirit, control or guide, more particularly the personal control who is charged with the well-being of the medium, often known as the 'doorkeeper.'

Guide:

Spiritualist term for a beneficent control who acts in a protective or instructive capacity. Distinct from discarnate friends and relatives, they are said to be advanced spirits who voluntarily return with a sense of a mission to fulfill. Many different nationalities seem to be represented with North American Indians predominating. Some of these give typical Indian

names by which they were known on earth, others say they are only mediums or mouthpieces for even higher entities. Their capabilities and temperaments vary widely, and discrimination must be used with regard to their teachings.

Spirit Children:

None are born in the spirit world, but children who die before maturity are considered to continue their growing and development in spirit life. Often they help in mediumship, acting in the capacity of controls or helpers. Many earth children are conscious of playmates in spirit, and talk to them freely. This faculty usually disappears as the child becomes more sophisticated and engrossed by earthly considerations.

Physical Medium:

One whose ability to produce ectoplasm of suitable substance and quantity, is able to specialize in the production of physical phenomena. Such mediums are usually very sensitive to actinic light, and need to be shielded from it during a seance. Failure to do this may result in serious physical injury to the medium, due to the sudden recoil of the ectoplasm.

LIFE

by Nan Terrell Reed

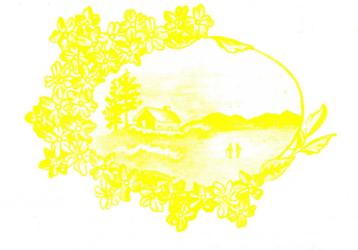
They told me that life could be just what I made it— Life could be fashioned and worn like a gown; I, the designer; mine the decision Whether to wear it with bonnet or crown.

And so I selected the prettiest pattern— Life should be made of the rosiest hue— Something unique, and a bit out of fashion, One that perhaps would be chosen by few.

But other folks came and they leaned o'er my shoulder; Somebody questioned the ultimate cost; Somebody tangled the thread I was using; One day I found that my scissors were lost.

And somebody claimed the material faded; Somebody said I'd be tired ere 'twas worn; Somebody's fingers, too pointed and spiteful, Snatched at the cloth, and I saw it was torn.

Oh! somebody tried to do all the sewing, Wanting always to advise or condone. Here is my life, the product of many; Where is that gown I could fashion—alone?



Lest We Forget

Ansel Bailey

A. O'B. Bailey

Irene Bailey

Mrs. Bickford

Black Hawk

Black Knight of Sleepy Hollow

Richard Burke

Emmet Clark

Leta Clark

Dawn of Sleepy Hollow

Eldon Easterday

Clara Faubel

Henry Faubel

Heinrich Frohlich

John F. Gillespie II

John F. Gillespie III

Troy Gillespie

Delores Pearl Goodwin

Harold Goodwin

Isa A. Goodwin

Gretchen of Sleepy Hollow

Cecilia Harkness

Thomas Hawley

Brig, Gen, Kabar Karimzad

Clara Krivor

Yuan Leong

Frank J. Manning

Mon Petit Chou

Emma Murray

Tom Murray

Gilbert D. Nelson

Edith Rogers

Sunny Ross

Ralph J. Stewart

Dr. James Strayer

Thora

Names listed in this column are a donation of one—dollar per name in remembrance of loved ones who have passed to the higher life.

DECLARATION OF PRINCIPLES

- 1. We believe in Infinite Intelligence.
- 2. We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.
- 3. We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.
- 4. We affirm that the existence and personal identity of the individual continue after the change called death.
- 5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
- 6. We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."
- 7. We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.
- 8. We affirm that the doorway to reformation is never closed against any human soul here or hereafter.
- 9. We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.



A Wise Old Owl

A wise old owl lived in an oak; The more he saw the less he spoke; The less he spoke the more he heard: Why can't we all be like that bird? -Edward Hersey Richards

Three Gates

If you are tempted to reveal A tale to you someone has told About another, make it pass, Before you speak, three gates of gold. These narrow gates: First, "Is is true?" Then, "Is it needful?" In your mind Give truthful answer. And the next Is last and narrowest, "Is it kind?" And if to reach your lips at last It passes through these gateways three. Then you may tell the tale, nor fear What the result of speech may be. -from The Arabian

Our Lips and Ears

If you your lips would keep from slips, Five things observe with care: Of whom you speak, To whom you speak. And how and when and where.

If you your ears would save from jeers, These things keep meekly hid: Myself and I. And mine and my. And how I do and did.

-Unknown

Man's Inhumanity to Man

Many and sharp the numerous ills Inwoven with our frame; More pointed still, we make ourselves Regret, remorse and shame; And man, whose heaven-erected face The smiles of love adorn. Man's inhumanity to man, Makes countless thousands mourn. -Robert Burns

FABLES FOR YOUNG AND OLD

THE HORSE AND THE STAG

A horse having been insulted by a stag, and finding himself unequal to his foe, applied to a man for assistance. The request was readily granted and the man putting a bridle in the horse's mouth and mounting upon his back, soon caught up with the stag and killed him. The horse having thus gratified his revenge, thanked the man. "And now I will return in triumph," said the horse, "and reign the undisputed lord of the forest." "By no means," replied the man, "I shall have use for your services, and you must come with me." With that the man led the horse home, where the unhappy steed spent the remainder of his days in hard labor, knowing too late that IT IS UNWISE TO CALL IN THE AID OF OTHERS TO ACCOMPLISH OUR AMBITIONS AT THE RISK OF LOSING OUR OWN INDEPENDENCE.

THE STAG DRINKING

One day, as a deer was drinking water from a clear lake, he was struck by the incredible beauty of his horns, which he saw reflected in the water. At the same time he noticed the extreme slenderness of his legs. "What a shame it is," he said, "that so handsome a creature should be given such an ugly set of legs! What a truly noble animal I should be were my legs in any degree equal in beauty of my horns!" —In the midst of these thoughts he was alarmed by the cry of a pack of dogs. He immediately raced through the forest and left his pursuers so far behind that he might have escaped. But his horns became entangled in some tree branches, where he was held till the hounds came up and tore him in pieces. In his last moments his thoughts were, "How badly do we judge our true advantages! The legs, which I hated, would have carried me away to safety, had not the antlers I was so vain about betrayed me to ruin."



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EVER-RECURRING QUESTIONS

by Andrew Jackson Davis

CONFLICTING TESTIMONY ON IMPORTANT FACTS

QUESTION: "I am much troubled with what I deem irreconcilable state—ments concerning the location of the spirit world. You seem to differ widely from Dr. Hare and the author of the 'Arcana of Nature'... Why is this?"

ANSWER: We do not feel called upon to explain the causes why one mind has been impressed to differ from another on this subject. If we had written after the authors named, and had found cause to differ as widely from them as they have from us, it would then seem important to give the world a sufficient reason for the discrepancy. We think it is an author's duty to give his readers what he deems good reasons for making statements in conflict with those who have preceded him. If a man should affirm that the planet Saturn was located only 100 miles from the earth, he should give his reasons for so "widely differing" from the received demonstrations of astronomers; but we can see no justice in the public calling upon the astronomers to explain why some particular author has been influenced to make statements adverse to their system. Therefore, would it not be wise and just to the general cause of progress, if persons, who have been moved to differ so conspicuously and widely from us, would furnish the world with their interior reasons for such differences?

The conflict of testimony must necessarily be very embarrassing to readers and investigators. For our own part, we have up to this day found no reason to essentially modify anything we have published relating to the spiritual spheres. It is important that investigators should have all the data of correct reasoning.

The Story of Poe's Clairvoyant

QUESTION: "In regard to your interview with Edgar A. Poe some years ago, as reported in the 'Magic Staff,' in which you treated his story as a reality—can you explain how the mistake occurred?"

ANSWER: There was no mistake in this circumstance. We remember to have affirmed on two or three occasions, previous to the interview with the gifted poet, that the philosophy of ultimates, unparticled matter, etc., (as set forth by the clairvoyant in Poe's article) was a true philosophy-but this endorsement did not extend to an assertion that the clairvoyant was an actual personage. Upon this point we did not seek any information. But we used the poet's invention, by name, as speak of Shakespeare's Milton's characters-all equally fabulous, but none the less real, in common conversation.

Continued from page 25 gods of mind-stuff and being created, they have dual expression. They will ever fail you. It is their very nature, but be of hope for hope's eternal and truth's inevitable. We can make the change in eternity and eternity is this

moment, this very instant.

The students have been given an exercise to help them become aware of the false gods of their own creations, and I'll be happy to share that simple exercise with the congregation this morning. I am well aware that many people do not like to hear the thing that may help them the most. After all, who likes a shot of penicillin when they're diseased when it's the thing that's going to help them? So I understand, I hope. Remember, that irritation wakes the soul, it is satisfaction that lets it sleep. So let us awaken if that's what we desire.

The exercise that was given is that the student may sit in peace and think of a person, place, or thing that they truly love, that they have a strong feeling for. You know some people say, "I never loved, I don't know what it is." Perhaps, they always have and never recognized that that's the name for it. And I assure you there is no one in this church that isn't fond of something or someone or someplace. To choose wisely and to entertain that in thought until they have the full experience of that great power of love or a fondness, having the full awareness of it, they're now to change their thought and yet maintain the feeling. Now they choose someone that they dislike, or something or someplace and there is no one that doesn't dislike something. That would be contrary to the laws of creation and whether we like it or not, we are in creation and

we're attached to it until we decide to make the change. If the student is able to maintain and to sustain this great feeling of love to the person, place, or thing that they dislike, they're on the path to freedom. If they are not able to do so, that means that false god of decision is greater than the true God of freedom. It's a simple exercise, I highly recommend it as a daily use before your silence or meditation time.

Now I know to some, from the movement in the congregation, that perhaps the lecture has been a little strong, but tell me friends, would you rather have something that's strong and be free, or would you prefer something weak and stay a cripple? Thank you.

BE STRONG! by Maltbie Babcock

Be strong!

We are not here to play, to dream, to drift;

We have hard work to do and loads to lift;

Shun not the struggle-face it; 'tis God's gift.

Be strong!

Say not, "The days are evil. Who's to blame?"

And fold the hands and acquiesce—oh, shame!

Stand up, speak out, and bravely, in God's name.

Be strong!

It matters not how deep intrenched the wrong,

How hard the battle goes, the day how long;

Faint not-fight on! Tomorrow comes the song.

Continued from page 25 gods of mind-stuff and being created, they have dual expression. They will ever fail you. It is their very nature, but be of hope for hope's eternal and

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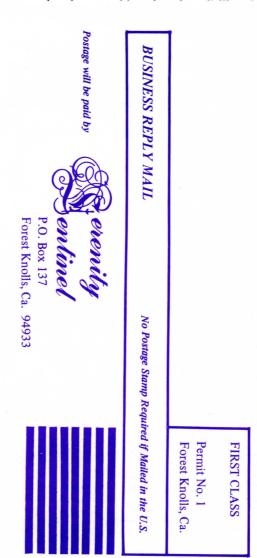
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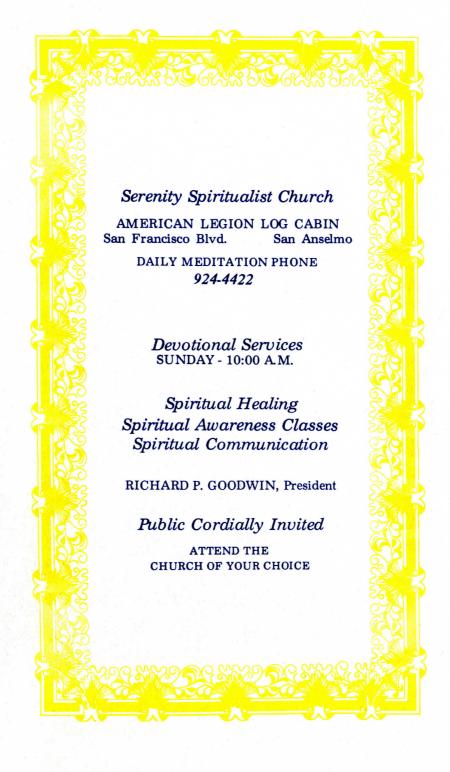
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